



Health Across the Continuum (FY02-2068)

Impact

Health promotion was integrated into the primary care clinic.

Description

This initiative used an integrated approach to provide health promotion programs and services to TRICARE beneficiaries. Targeted health promotion elements were: tobacco, stress, injury prevention, reproductive health, family violence, alcohol, fitness, safety, and nutrition. The goals of the initiative were to provide training in these elements to 95% of primary care teams and community service agency staff, to standardize 90% of educational tools, and to provide 80% of beneficiaries with health promotion/education as part of their clinic visit.

Outcomes

More than 90% of health promotion materials were standardized.

Innovative Features

This initiative integrated health promotion into the primary care clinic via Process Action Teams and evaluated this integration using electronic documentation and tracking of care provided.

Lessons Learned

- The team approach can more effective at promoting change at an installation than a single health promotion person trying to do it alone. Find a win/win for all agencies as you begin to build collaboration and integration of programs and services.
- Develop a business plan up front so you can present it at a moment's notice if a funding opportunity comes up.
- Electronic documentation and tracking of care adds value to any health initiative. However, initiatives using electronic components often take much longer to implement and are more costly to put into place than originally planned.
- Be sure to plan outcome reports ahead of time in order to measure program impact in a timely manner.